

## **CONVERSATIONAL ITALIAN CLASSES COMING IN SEPTEMBER!**

Have you always wanted to learn to speak Italian? Now is the time! Our very popular Italian Classes taught by our fabulous instructor, Lucy Erhard, will resume in September. Enroll in these classes and you will learn to speak this beautiful language. Classes will be held on Thursdays, beginning September 12, 2013 through November 21, 2013 with no class being held on November 14<sup>th</sup>. Italian 1 classes will be held from 11:00 a.m. to noon, and Advanced Italian (for those students who have completed Italian 1 previously) will be from 1:00 p.m. to 2:00 p.m. at the senior center. Classes are \$2 each for a 10-week session. Please come to the senior center to make your \$20 payment for the full session prior to the beginning of the classes. Students will begin to develop listening and speaking skills. Topics include: alphabet, greetings, numbers, time, family, body, and food. Please bring a notebook and pen to class. Lucy Erhard will be the instructor for these classes. Lucy worked at Dedham High School where she developed and implemented the Italian program. She was also an instructor of Italian at Wheaton College. In addition, she has taught Italian in local adult education programs, including Foxboro's Adult Education program. Please call 508-543-1252 to register for this wonderful opportunity.

### **Monday, August 19**

Sit & Be Fit 9:30 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

### **Tuesday, August 20**

*Cookout at Wrentham COA-12:00 p.m.*

Stretch & Balance 8:30 a.m.

Nutrition 11:00 a.m.

Movie Day-"The Intouchables" 12:30 p.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, August 21**

Strength Training 8:30 a.m.

Jack Craig-Sammy Cahn 11:00 a.m.

Wal-Mart 1:00 p.m.

Senior Supper Club 4:30 p.m.

### **Thursday, August 22**

Ceramics 9:00 a.m.

Men's Cookout 12:00 p.m.

### **Friday, August 23**

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Documents Party for Yellowstone Trip 1:00 p.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. [www.foxboroughma.gov](http://www.foxboroughma.gov)

## **REGULARLY SCHEDULED**

### **MEN'S COOKOUT WITH A TOUR OF THE NEW BOYDEN LIBRARY**

Join us for a delicious meal and some socialization with our Library Director, Jerry Cirillo, on Thursday, August 22<sup>nd</sup> at our next Men's Cookout. Following the cookout, we will take a "field trip" to the new Boyden Library. Enjoy a tour of all of the renovations, new spaces and technologies at this state-of-the-art facility. You

can drive over to the library on your own, or we will provide transportation for you from the senior center to the library and back. Just let us know ahead of time so we can plan for your ride. The men will be served at 12:00 p.m., and the presentation will begin at approximately 12:30 p.m. Women are invited and encouraged to join us at 12:30. The cost for the cookout is \$3. To participate in the cookout, please call the senior center at 508-543-1252 to sign-up by Tuesday, August 20<sup>th</sup>. As always, everyone is welcome to join us after the meal has been served for the presentation portion of the program free of charge.

### **CLASSIC MOVIE**

Come to the senior center for a movie classic on Thursday, August 29<sup>th</sup> at 11:00 a.m. and see “Shoes of a Fisherman.” A Pope contends with the prospects of nuclear world destruction in this Cold-War saga of religious faith and international politics. Anthony Quinn plays a Russian priest who has spent 20 years in a Siberian labor camp. When Russian and Chinese relations deteriorate, Russian Premier Kamenev (Laurence Olivier) releases him and he is made a cardinal. Kamenev wishes to have a representative at the Vatican in Rome for future political situations. When the Pope (John Gielgud) dies, a series of events makes the Russian priest the first Pope from a communist country. Taking the name of the saint who spread the gospel to Russia, he becomes Pope Kiril Lakota. He often leaves the Vatican in disguise to mingle with the people to remain in touch with the poor and the needy. When millions of Chinese face starvation, the Pope offers to sell the riches of the church in order to feed the hungry, and he asks that all wealthy countries do the same. David Janssen is the television reporter stationed in Rome whose wife receives counseling from Kiril, unaware he is the Pope. In a symbolic gesture, Kiril offers his crown as a down payment in an attempt to bring world peace and end the starving of millions. Enjoy this fine drama with an internationally renowned cast. Please give us a call at 508-543-1252 to let us know that you will be coming.

### **MOVIE DAY**

Our monthly Movie Day is scheduled on Tuesday afternoons at 12:30 p.m. Take in a good movie with friends while you enjoy the comfort of the senior center along with some fresh, hot popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection. Our next movie day will be Tuesday, August 20<sup>th</sup> at 12:30 p.m. when our feature presentation will be “The Intouchables”. An irreverent, uplifting comedy about friendship, trust and human possibility, The Intouchables has broken box office records in its native France and across Europe. Based on a true story of friendship between a handicap millionaire (Francois Cluzet) and his street smart ex-con caretaker (Omar Sy), The Intouchables depicts an unlikely camaraderie rooted in honesty and humor between two individuals who, on the surface, would seem to have nothing in common. Please call 508-543-1252 to sign-up.

### **LOW VISION SUPPORT GROUP**

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on August 15<sup>th</sup>. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

### **SENIOR SUPPER CLUB**

Are you tired of eating supper alone? Why not join the COA along with HESSCO for a nice evening meal together? On Wednesday, August 21<sup>st</sup> join us for a special “Hawaiian Luau.” Come and enjoy an opportunity to visit with each other beginning at 4:30 p.m., followed by a meal of Boneless Chicken Breast with Maraschino Sweet and Sour Sauce, White Rice with Roasted Vegetables, Diner Roll, and Strawberry/Peach Upside Down Cake with Whipped Cream to be served at 5:00 p.m. A voluntary donation of \$2.50 per person can be given that evening. Space is limited, so please let us know to save a spot for you. Call us at 508-543-1252 to make your reservation or to arrange for transportation needs.

### **LUNCHEON OUTING**

Our next luncheon outing will be to Morin's in Attleboro on Wednesday, August 28<sup>th</sup> at 1:00 p.m. Seating is limited, so please call the senior center at 508-543-1252 to sign-up by Tuesday, August 27<sup>th</sup>. Van transportation is available.

## **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

August 14 Christmas Tree Shops

August 21 Wal-Mart

August 28 Luncheon Outing @ Morin's in Attleboro

## **TRAVEL AND ENTERTAINMENT**

### **YELLOWSTONE TRIP DOCUMENTS PARTY**

We will have a documents party for the Yellowstone trip on Friday, August 23<sup>rd</sup> at 1:00 p.m. at the Foxboro Senior Center, 75 Central Street, Foxboro, MA. For all those planning to go on this trip, please attend to receive important information and documents for your upcoming trip.

### **ESSEX STEAM TRAIN AND RIVERBOAT TRIP**

Join the Foxboro seniors on a scenic day trip to Essex for a steam train and riverboat tour on Thursday, October 10<sup>th</sup>. This special trip begins in Mystic, Connecticut where you will have some time for shopping for bargains at the Mystic Commons. Then you will board The Valley Railroad Steam Train for a 1-hour train ride along the Connecticut River. Enjoy the ride through the old New England countryside as well as a wonderful meal served on board prior to your departure. You will have your choice of Beef Tips and Gravy, Baked Stuffed Fish or Pasta Shells with Sweet Red Sauce, all served with Garden Salad, Vegetables, Starch, Bread and Dessert. Once you arrive at Deep River Landing, you will board the Essex Steamboat for a 1-hour cruise on the Connecticut River. Along the river, you will view the Gillette Castle, Goodspeed Opera House and many other landmarks from the steamboat era before boarding your train for the return trip to Essex. This time of year should make for optimal "leaf-peeping" along the way! The cost for this spectacular day trip is just \$80 per person, including gratuities and driver's tip. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, September 6<sup>th</sup>. Your motorcoach bus will depart from St. Mary's Church parking lot (time to be announced) on Thursday, October 10<sup>th</sup>. Sign-up for this opportunity by calling the senior center at 508-543-1252.

## **SPECIAL EVENTS AND PROGRAMS**

### **CARNIVAL COOKOUT & SINGER VIC SOLO AT THE WRENTHAM COA**

The Foxboro seniors have been invited on Tuesday, August 20<sup>th</sup> at 12 noon to the Wrentham COA, 400 Taunton Street, Wrentham, for a Carnival Cookout with Singer Vic Solo and a Jimmy Buffet Beach Party! We will be having a "Carnival" menu with Foot Long Hot Dogs w/Roll, Corn on the Cob, Potato Salad, and for Dessert, Ice Cream Sundaes! The cost is \$2.50 per person. Please make your reservations for this lunch by calling the Foxboro senior center at 508-543-1252 by Wednesday, August 14<sup>th</sup>. We will be entertained by Vic Solo, who will sing the songs of the ultimate "Parrothead" – Jimmy Buffet! What better way to celebrate summer than with fun, sun, drinks, and the music of Jimmy Buffet? Listen to classics like "Cheeseburger in Paradise," "It's 5 O'Clock Somewhere", "Fins," and of course, "Margaritaville". Dress in your tropical best, bring your flip flops and have a great time with our friends at the Wrentham COA!

### **SUMMER MUSIC WITH JACK CRAIG**

Sing along with Jack Craig at the senior center as he shares the music and anecdotes of our favorite Broadway shows and songwriters on three Wednesdays in August at 11:00 a.m. The remaining schedule is as follows:

August 21<sup>st</sup> – Great Songwriter-Sammy Cahn

August 28<sup>th</sup> –Great Songwriters-Bacharach & David

Please sign-up for these programs by calling 508-543-1252.

### **I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!**

Summertime and ice cream go hand-in-hand, so we are planning our ice cream day trips again! This year's ice cream trips will be scheduled on Tuesday and Thursday afternoons throughout the summer to Bubbling Brook, Crescent Ridge, Flint Farm, The Ice Cream Machine and The Big Apple. Our next trip for this season will be to The Ice Cream Machine in Cumberland, RI on Thursday, August 29<sup>th</sup>. We will leave for ice cream at approximately 1:30 p.m. from the senior center or the van can pick you up from your home. Van space is limited, so be sure to call early to sign-up. Call 508-543-1252 to reserve your spot. Van space is reserved for Foxboro residents only.

### **MEDICAL INFORMATION AND SERVICES**

#### **S.H.I.N.E.**

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Ed Raider of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next available appointments will be on Tuesday, September 3<sup>rd</sup>. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

### **COMMUNITY PROGRAMS**

#### **WOMEN'S SELF DEFENSE SEMINAR**

Do you know how to protect yourself? Every 2 minutes someone in the United States is sexually assaulted. Our 2 local Foxboro and Sharon H.U.G.S. (Help Us Get Safe) organizations are bringing much needed attention to the pervasive and devastating crimes of sexual violence that affect countless numbers of women, men, and children in our communities every day. Our local women and teens can learn how to protect themselves and family members at the H.U.G.S. sponsored Women's Self Defense Seminar. Please come on August 20<sup>th</sup> from 7:00 p.m. to 8:30 p.m. to Personal Best Karate, Foxboro, MA. This seminar is FREE and is sponsored by Foxboro and Sharon H.U.G.S. along with Personal Best Karate. Please consider a monetary donation or toiletries, diapers or canned goods for families in need. For more information about domestic violence and combating violence in our communities through educational programs, call H.U.G.S. Foxboro at 508-698-8784 or H.U.G.S. Sharon at 781-784-5056.

#### **NORWOOD FARMERS MARKET CHEF'S TABLE**

Norwood Hospital is partnering this summer with the Norwood Farmers Market at their Chef's Table for a series of nutritional cooking demonstrations. Dietician and Clinical Nutrition Manager Caitlin Melia from Norwood Hospital's Nutrition and Wellness Clinic will be preparing healthy recipes from locally grown produce. Come for a day of good food and good health at Norwood Commons, Norwood Center/Washington Street, on August 20<sup>th</sup> and September 24<sup>th</sup>, from 2:00 p.m. to 5:00 p.m. Call 781-278-6022 or visit [norwood-hospital.org](http://norwood-hospital.org) for more information.

### **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

#### **Monday, August 19**

Chicken ala King  
Whipped Potatoes  
Peas

Dinner Roll

Peaches

**Tuesday, August 20**

American Chop Suey

Wax & Green Beans

Whole Wheat Bread

Vanilla Pudding

**Wednesday, August 21**

Cream of Carrot Soup

Parmesan Baked Chicken

Fluffy White Rice

Multigrain Roll

Fresh Fruit

**Thursday, August 22**

Beef Tips Marsala

Red Bliss Potatoes

Country Blend Vegetables

Wheat Bread

Streusel Coffee

Cake

**Friday, August 23**

Fish Sticks

Tartar Sauce

Hash Brown Potatoes

Summer Blend Veggies

Whole Wheat Roll

Mixed Fruit